

**20%**  
OF THE POPULATION  
SUFFERS FROM  
**DENTAL PHOBIA OR  
ANXIETY**

Millions of people experience a phenomenon known as dental anxiety, which can prevent them from seeking the essential oral health care everyone needs. Dental anxiety is a real problem, and if you suffer from it, you know how crippling it can be.

While it seems like your anxiety is telling you to ignore the dentist, we want to encourage you to confront your fears with new knowledge and helpful tools to cope.

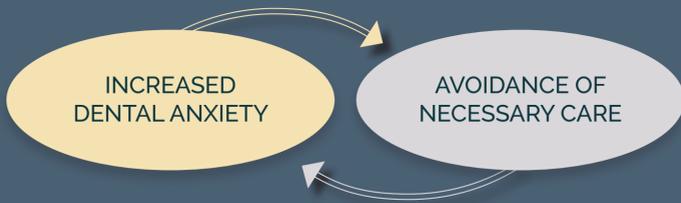
## WHAT IS DENTAL ANXIETY?

Dental anxiety is a state of apprehension, anxiety, or fear produced by the thought of an impending dental appointment.



### BE CAREFUL

The biggest problem with dental anxiety is that it often causes people to avoid essential dental care. This can become a vicious cycle in which avoiding the dentist increases anxiety, and increasing anxiety leads to greater avoidance of necessary care. The longer someone goes without dental care, the worse his or her oral health will become, and the more scary any dental procedure seems in their mind.



## WHO IS MOST SUSCEPTIBLE?



### CHILDREN & THEIR PARENTS

A parents' reaction to visiting the dentist plays a large role in the way children perceive dentistry. Parents who suffer from dental anxiety are very likely to pass this on to their children.



### THOSE WITH MENTAL DISORDERS

Those who suffer from mental health conditions like high anxiety or panic disorders have a greater risk for experiencing symptoms of dental anxiety too.



### THOSE WITH MAJOR DENTAL NEEDS

The more extensive dental treatment required, the more likely we are to feel anxiety. Patients who have neglected dental care for some time may need considerable treatment, and the prospect of long, invasive appointments can cause significant fear.



### THOSE WITH PRIOR BAD EXPERIENCES

When someone has a dentist, it's easy to assume all future encounters will be similar. Often, these bad experiences occurred during childhood, and the powerful memories can induce a lifetime of anxiety.

## WHAT ARE THE SIGNS AND SYMPTOMS OF DENTAL ANXIETY?

Those who suffer from dental anxiety often miss the subtle warning signs. While these will be unique to everyone, you may experience one or more of the following:



TROUBLE SLEEPING



DIZZINESS



SAD OR FEARFUL



SWEATING



ANGRY OR EASILY IRRITATED



FREQUENTLY CANCELLED APPOINTMENTS



ELEVATED HEARTRATE

## WHAT'S THE CURE?

Because dental anxiety ranges widely in its causes, manifestations, and severity; the treatment can also vary dramatically. The first and most important step in overcoming your fear is to build a trusting relationship with a dentist. Here are some suggestions to finding a dental practice that can help.



### MODERN TECHNOLOGY

If you have not sought dental care in many years, you will be happy to learn improved technology has made many dental procedures less invasive and more comfortable! Modernized appointments are shorter, safer and more enjoyable for our patients.



### AN ATTENTIVE TEAM

Communication plays a very important role in fighting dental anxiety. By understanding the various aspects of your treatment and trusting your dental team will allow you to take breaks or ask questions throughout the visit, you can regain some sense of control.



### COMFORT & CONVENIENCE

Many dentists offer amenities to help anxious patients relax, including music or movies. Some can also provide those requiring more than just physical comfort with sedative options like laughing gas or IV sedation.

## BEGIN TODAY

If dental anxiety has kept you from seeing a dentist in recent and non-invasive step is finding a dentist you trust. When you're ready, schedule a relatively short and non-invasive procedure first, then work your way toward the more extensive treatments you may need. We want every patient to receive the dental care necessary for a healthy life!

**WANT TO KNOW MORE? GET IN TOUCH!**

972-252-8551 | [LasColinasDental.com](http://LasColinasDental.com)